

Not forgotten

Soldiers from the 1-4th Inf. Regt. celebrate the lives of fellow warriors who made the ultimate sacrifice

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The jewel of the Elbe

The past and present come together seamlessly in Saxony's capital city of Dresden

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Pet power

The Human Animal Bond program provides a calming presence for patients

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Bavarian News

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U.S. Army Garrisons Grafenwoehr, Garmisch, Hohenfels, Ansbach and Schweinfurt

July 20, 2011

Community welcomes new JMTC commander

Rudacille heads 'crown jewel' of U.S. Army in Europe

By Denver Makle
JMTC Public Affairs

GRAFENWOEHR, Germany — Col. Bryan L. Rudacille assumed command of the 7th U.S. Army Joint Multinational Training Command (JMTC) from Brig. Gen. Steven L. Salazar during a change of command ceremony, here, July 8.

Rudacille was the commander of the 165th Infantry Brigade at Fort Jackson, S.C.

The ceremony was hosted on Grafenwoehr's parade field before a formation of Soldiers from JMTC's Headquarters and Headquarters Company, the Joint Multinational Readiness Center, The 7th U.S. Army Noncommissioned Officer Academy, The 7th Warrior Training Brigade,

the U.S. Army Garrison Grafenwoehr and the German Army Noncommissioned Officer Academy, Training Group D, from the nearby town of Weiden — all elements of the Grafenwoehr Military Community.

"Out on that field stand the best trainers, made up of the finest warriors in the profession of arms. Each and every day, they train, coach, mentor and support the armed forces of our nation and those of our allies, so that they are prepared for battle," said Rudacille during his speech.

"Bavaria is a beautiful place to live and work, and Germany is well-known for its hospitality. Terri and I look forward to calling Grafenwoehr our home, and getting to meet

See RUDACILLE, page 17



Photos by Markus Rauchenberger

Col. Bryan L. Rudacille (left) accepts command of the 7th Army Joint Multinational Training Command from Lt. Gen. Mark Hertling, commander, U.S. Army in Europe, during a change of command ceremony, July 8.



From right to left: Brig. Gen. Steven L. Salazar, outgoing commanding general of the 7th Army Joint Multinational Training Command, Lt. Gen. Mark Hertling, commander, U.S. Army in Europe, and Col. Bryan L. Rudacille, incoming JMTC commander, salute during a change of command ceremony at Grafenwoehr's parade field.

Misfire at GTA under investigation

By Denver Makle
JMTC Public Affairs

GRAFENWOEHR, Germany — On July 8, 11 .50-caliber rounds were misfired from the Grafenwoehr Training Area toward the Grafenwoehr Garrison and town.

The rounds struck two barracks buildings, a motor pool, the physical fitness center and two vehicles on post; off post, one residential building, a garage, and the St. Michael's Vocational School were struck in the city of Grafenwoehr. City officials were notified immediately. No one was injured.

The incident is under investigation by U.S. military and German officials.

"The safety of the Grafenwoehr Military Community and the surrounding local communities are JMTC's primary focus as we prepare U.S. and multinational Soldiers for various missions in Afghanistan and elsewhere," said Lt. Col. Scott Moore, JMTC's chief of range control. "As a result of the incident, the JMTC and the training unit are currently re-evaluating its safety procedures and standards. Modifications and changes have already been made to ensure the safe usage of the ranges and training facilities."

The training unit was conducting a moving live-fire exercise with the M-2 .50-caliber machine gun on a Humvee at the training area's Range 118.

Defender 6 sends

Caregivers need care, too

SAN ANTONIO — Starting this month, the Exceptional Family Member Program is standardizing and streamlining the process for delivering respite care to eligible families in need of support.

The EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive, coordinated community support, housing, educational, medical and personnel services to families with special needs. It is focused on helping these families find the support and care needed to ensure all their members can thrive.

Respite care is one way EFMP helps to provide support for all family members — in this case, the caregivers. Caring for a family member with special needs, especially severe chronic medical conditions, is an around-the-clock job. There may be no end to a caregiver's love, but everyone who shoulders such responsibilities needs a break to rest and recharge. EFMP respite care provides that break. Qualifying families are eligible for up to 40 hours of respite care a month for each certified family member.

See RESPITE, page 2

INSIDE

Running man

One Soldier's journey of 1,000 miles began with a "running" date and he hasn't looked back. See page 3

Breaking news

The *Bavarian News* will take a brief hiatus in the coming weeks. The next edition will hit newsstands Aug. 17.

Culture college

Garrisons in Europe will be simplifying their cultural orientation programs to ease the transition for Soldiers and families. See page 14

Schools shift to accommodate students

By Bob Purtiman
DoDDS Europe Schools Public Affairs

WIESBADEN, Germany — The Department of Defense Education Activity has announced the establishment of a high school in the Schweinfurt community.

Students from the Schweinfurt military community have been commuting long distances to attend Bamberg High School since Wuerzburg High School closed in the 2008-09 school year.

Dr. Clifford Stanley, the undersecretary of defense for personnel and readiness, approved the establishment of a new high school, which is slated to be ready for the beginning of the 2011-2012 school year.

The Department of Defense Dependents Schools Europe leadership is working feverishly with the Schweinfurt Garrison to prepare the school for the fall 2011 school year.

The new school will utilize what is now Schweinfurt Middle School. The middle

school will be combined with the elementary school to form an elementary/middle school. A majority of the renovations required will occur at the new elementary/middle school.

The establishment of the high school will increase the overall DoDEA budget by approximately \$1.1 million per fiscal year. An additional \$2.4 million will be required for fiscal year 2011 for facilities modifications and renovations and start up costs.

"This is great news for the students in the Schweinfurt community," said Dr. Nancy Bresell, director of DoDDS Europe. "The establishment of the high school is consistent with our responsibilities to our overseas communities, particularly highly deployed ones."

"We conducted a comprehensive review of the request by the Army to open the school," she added. "We made the determination that the establishment of the school would be in the best interests of the more than 170 students."



Photo by Charles Stadtlander

The Department of Defense Education Activity announced the establishment of a high school in the Schweinfurt community. The new school will use what is now Schweinfurt Middle School, seen here. The current middle school will be combined with the elementary school to form an elementary/middle school.

The Schweinfurt Garrison commander, Lt. Col. Everett Spain, said the Schweinfurt community is deeply grateful to the Bamberg High School faculty, staff and students and community for embracing the students over the past

several years.

"The news of the recent authorization to open Schweinfurt High School is a great opportunity for the students and parents of our

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Water Tower art by Dane Gray

Commander's Message



Summer is PCS and fest season

July 8 marked change for us here in the Grafenwoehr Military Community as Brig. Gen. Steven L. Salazar relinquished command of the Joint Multinational Training Command to Col. Bryan L. Rudacille. Brig. Gen. and Martina Salazar placed a lot of effort into ensuring the GMC was and remains a great place to live and work and we wish them good luck in their future endeavors.

Col. Bryan L. Rudacille is a native of Fairfax, Va., and along with his wife, Terri, and their three children, they join our beautiful community. Rudacille comes to us from Fort Jackson, S.C., where he was the commander of the 165th Infantry Brigade (BCT). We look forward to getting to know him and his family and working with him.

I know they will enjoy our local area and host nation as much as we do. I would personally like to extend to the colonel and his family a warm welcome and a joy filled stay here in the Oberpfalz.

Viel Glueck

I know that deployments are hard and being away from your families is even harder. But I, as well as you, know that what we are doing is important and is making a difference in the lives of millions. As you prepare to deploy, remember, your families will be cared for and in good hands. So stay focused on the task at hand and know your families will be there waiting for you when you return. I know I speak for everyone in the community when I say we'd like to wish the 172nd Infantry Brigade Viel Glueck on their upcoming deployment to Afghanistan.

School registration

The school year is quickly approaching and it is imperative that families re-register for the 2011-2012 school year. In order for the school to be properly staffed and equipped to provide services

on Aug. 29, families that are still in the community should have their students reregistered by Aug. 1.

For those who attended school last year, reregistration may only consist of updating phone numbers, emergency contacts, orders and students shot records. If you have questions about what you need to bring in to reregister your student, contact the registrar at your student's school at: Grafenwoehr Elementary, 09641-83-7133; Netzaberg Elementary, 09645-917-9184; Vilseck Elementary, 09662-83-2812; Netzaberg Middle, 09645-917-9229; and Vilseck High, 09662-83-2864.

Volksfests and other events

On behalf of U.S. Army Garrison Grafenwoehr, I'd like to personally invite you to participate in Vilseck Volksfest and Homecoming celebrations of the 2nd Stryker Cavalry Regiment at the Rose Barracks Air Field this weekend, and our 54th Annual Volksfest, Aug. 5-7.

The Vilseck Volksfest festivities run from Thursday, July 21 through Sunday, July 24, and will feature many activities for both children and adults, including face-painting, a magic show, carnival rides, a historical military car display, a DJ and lots of food. I'd like to encourage everyone to come out and have a great time celebrating among military families and our local national partners, who are invited to come and enjoy this great event, as well.

Graf's 54th Annual Volksfest, Aug. 5-7, is a time-honored tradition and one of the larger volksfests in the area. Lots of work goes into pulling this together but the greatest satisfaction is seeing all of you join us.



In addition to Grafenwoehr's and Vilseck's volksfests, don't miss the chance to sample some true Bavarian culture in other towns in the area, such as in Greding, July 22-25 (fest site at the Hallenbad), in Beilngries and Hahnbad, July 23-24, and in Dietfurt from July 29 through Aug. 7.

On July 22 from 11 a.m. to 2 p.m., Army Community Service's Exceptional Family Member Program will host a Summer Bash. The event will take place at Little Mike Park on Rose Barracks, and will include food relay races, face painting and much more.

Another important event is our monthly Community Huddle, July 28, from 11:30 a.m. to 1 p.m., at the Tower View Restaurant, Main Post, Building 209. At the meeting you can catch up on all the latest updates and important issues. Also, subject matter experts will answer the community's questions and post them on Facebook, so even if you can't attend in person, you can still get the scoop.

Finally, on Aug. 19, from noon to 4 p.m. at the Netzaberg Teen Center's SKIES Room, there will be a Healthy Family Habits Fair. Parents can get advice from certified experts in pediatric health, early childhood, community services, education, nutrition, breastfeeding and child psychology. Dr. Krystal White will also teach a seminar, however, please RSVP for the seminar to Dr. White via e-mail at krystal.white@amedd.army.mil.

Please join us via Facebook at facebook.com/usagg, our website, www.grafenwoehr.army.mil, The *Bavarian News*, Command Information Channel, and AFN Bavaria for information on events throughout the greater Grafenwoehr Military Community.

*Col. Vann Smiley
Commander, U.S. Army
Garrison Grafenwoehr*

Saying goodbye necessary, never easy

The third observation in an eight-part series designed to help Soldiers become healthier and more resilient in their daily lives and careers.

By Denver Makle
JMTC Public Affairs

According to SurvivingDeployment.com, which provides information and resources for military families, many issues arise during deployment like emergencies and financial challenges. The site offers tips on how to manage all the stressors that come with deployment. Recently, I had my own deployment-related crisis. My daughter had to say goodbye to a friend, who is a Soldier that was deploying soon.

As a mom, former spouse of a Soldier and former Soldier I kept hearing myself say: "It's his job. He'll be back in a year and we can maybe have dinner when he returns," even among her tears and sad condolences. My daughter looked at me like I was from Mars.

During Soldier 360°, the Leader Comprehensive Fitness Course, I and about 300 noncommissioned officers, so far, were provided with tools that encouraged emotional, spiritual, psychological and physical well-being. One of the tools pitched during the course was mindfulness, and mindfulness is the greatest gift I've received from the course.

Mindfulness is a practice described in Soldier 360°, as conscious, present-centered awareness that encourages the individual to acknowledge every thought, feeling or sensation, while acknowledging the present moment without judgment. This nonjudgmental attitude opens the door to self-discovery, and allows individuals to view life with curiosity, openness and acceptance.

Because of Soldier 360° training I am mindful of my attitude most of the time and when dealing with my daughter's situation I realized I could affect everyone in the room. I was aware that my actions, thoughts, feelings and at-



itude are all powerful, especially when talking to my daughter and her friend, who is also young enough to be my son.

They were looking for social cues from me on how to act and behave in this situation. Being mindful means it's up to me to make the connection, understand the gifts given daily, and that we can act accordingly and as necessary. Mindfulness helped me to provide an appropriate response by being aware of my daughter's feelings and helping her to understand that no one wants to be in harm's way, but there is a sense of duty and responsibility that a Soldier has to his comrades and to himself.

Liselotte Matthews, a licensed clinical social worker and behavioral health care provider with the Bavaria Medical Department Activity also offers these additional tips for deploying Soldiers and their family members to help them deal with saying goodbye:

- In the days before deployment maximize the quality time spent with loved ones.

- Be present and engaged in your loved one's life/lives.

- Develop a communication plan that accounts for the sometimes long periods when the Soldier may not have regular access to communication avenues.

- Develop a support system and action plans to address needs and emergencies that occur during a deployment: a) find the contact info for a plumber or handyman, b) find a reliable car repair technician, c) locate contacts for clinics and hospitals, d) find a veterinarian and local kennels for pets, e) make a list of frequently used numbers like vehicle registration, appliance repairs, housing offices, FRG contacts, ACS services (financial counseling, Military Family Life Consultants, etc.), f) get to know your neighbors and establish social networks. Although much of this information may be on-line, Soldiers and families will need a backup plan in case they don't have access to the Internet.

- Create balance – pursue hobbies, volunteer in the community, create comfortable routines, engage in stress reducing activities (exercise, meditation, clubs and support groups).

Surviving Deployment.com recommends that if you have children, it's very important to let them participate in the preparation, and saying goodbye was part of it. So, my daughter gave her friend a card and a prayer coin when she said goodbye. Additionally, in the evenings, I light a special candle when I say my prayers for my daughter's friend and those serving in Afghanistan and around the world. It's the one way I've reminded myself to stay aware and remain mindful of my feelings, commitments and love for those friends, family and community members that are far away, serving to better the global community.

Respite care part of Army's commitment to families

Continued from page 1

To enhance service delivery to EFMP-enrolled families, IMCOM has revised EFMP respite care policies and procedures. The revision includes changes in eligibility criteria and the Family Services Needs Matrix, and online training for EFMP managers and physicians. An EFMP respite care panel will be established at each garrison to review and recommend approval or disapproval of all respite care submissions to the garrison commander, who is the decision authority.

Garrison EFMP managers are available to provide more detailed information to families currently receiving respite care. Soldiers or family members can also visit the EFMP web page at Army OneSource (www.myarmyonesource.com).

This revision to policy and procedures is part of the Army EFMP Strategic Action Plan to improve services and support for families with special needs. Also as part of the strategic action plan, at the beginning of this fiscal year EFMP added 43 systems navigators, or nonclinical case managers, at 26 garrisons stateside and overseas to connect families with required systems of care.

The focus on enhancing the effectiveness of EFMP could not be more important or timely. Important, because the EFMP is one way the Army keeps key promises it made in the Army Family Covenant: providing access to high-quality medical care, educational opportunities and family programs that foster an environment in which families can thrive.

Timely, because while the Army's commitment remains as strong as when the covenant was signed in 2007, we are operating in a different fiscal reality in 2011. Just as any Soldier or family member asks "Is it worth it?" before opening their wallet, we are doing the same, making sure we are using resources as efficiently as possible to provide quality services to families. Army life poses challenges for any family, but especially for families with special needs. It is part of our job, our commitment, to make sure we are delivering the right services in the right way.

*Lt. Gen. Rick Lynch
Commander, Installation
Management Command*

Judge orders confinement

By JMTC Office of the Staff Judge Advocate
News Release

At a special court-martial convened on Rose Barracks, Grafenwoehr Military Community, June 23, Sgt. Michael O. Dallas, Headquarters and Headquarters Company, Task Force 3rd Battalion, 66th Armor Regiment, 172nd Infantry Brigade (Rear) (Provisional), was found guilty, contrary to his pleas, of one charge and two specifications of a violation of Article 128, UCMJ, assault consummated by a battery, and guilty of one charge and one specification of a violation of Article 134, UCMJ, drunk and disorderly conduct.

Dallas was found not guilty, in accordance with his plea, of one charge and one specification of a violation of Article 128, UCMJ, assault consummated by a battery. The military judge sentenced him to be reduced to the grade of private (E-1) and to be confined for a period of 30 days.

Soldier runs ‘for his life’ to complete goal

Story and photos by
Molly Hayden
Staff Writer

GRAFENWOEHR, Germany — Completing a marathon is a lifelong goal for many runners. For Sgt. 1st Class John Orth, 1st Cargo Transfer Company, 18th Combat Sustainment Support Battalion, however, running in his first marathon was the beginning of a romantic endeavor.

“On our second date we went running, then we ran the Portland marathon together a few months later,” said Orth, referring to his now wife Rachel. “We’ve always enjoyed running, we’ve always been runners, but never really kept track of any of it.”

Two years later, in June 2009, Orth saw a flyer for the “Run for Your Life” program, an initiative that encourages participants to track and log their running mileages, achieving goals and earning badges along the way.

He immediately signed up. “I was deploying the following

month and I thought this would give me something to do to help pass the time,” said Orth. “Plus, it gave me credit for what I was already doing during PT.”

By running three to four loops around the post in Afghanistan to earn his daily mileage, Orth continued with the program, achieving the initiative goals, as well as his own.

“It’s a competitive thing, you always see how far you can go,” he said. “One day you can only run seven miles, then the following week you get up to 10 and it keeps going. When I broke past that personal record it was exciting.”

During the yearlong deployment, Orth logged 768 miles ran. The 1,000 mile goal was well within reach.



Orth

“When I first signed up, the goal of reaching a 1,000 (miles) was always in the back of my mind,” said Orth. “But I never thought I’d do it.”

It’s understandable why one would think this.

Running 1,000 miles is the equivalent of running halfway across the United States — from New York to St. Louis or Los Angeles to Denver. But Orth did it, in less than two years.

“It sound funny, but I really wanted that (1,000 mile) patch,” he said with a grin.

In addition to the allure of the stylish swagger of a newly sewn patch and the obvious physical health benefits, Orth was motivated by the therapeutic elements of running.

“Running is a great time to think. It gives me a chance to come up with good ideas that solve problems and to see and experience were I am in that moment,” Orth said. “Just think about all of the unique things that you see when you’re out running.”

“The patch is all of those experiences wrapped into one memento.”



Sgt. 1st Class John Orth, 1st Cargo Transfer Company, 18th Combat Sustainment Support Battalion, takes a few laps around the indoor track at the Main Post Fitness Center. Orth recently finished running 1,000 miles for “Run for Your Life,” an incentive program that rewards participants for achieving personal fitness goals.

Track stars partner up



Photo by Valerie Griffin

ESCHENBACH, Germany — During his premier long jump attempt, Vilseck High School freshman Armand Vidovic jumps 5 meters and 68 centimeters at the Oberpfalz Cup Track meet here, July 10. Netzaberg Middle School student Christhena Edwards ran a 10.53 second 75-meter race and VHS freshman Monica Way ran a 13.24 second 100-meter race during the semifinals. The three track stars from the U.S. Army Garrison Grafenwoehr’s Child, Youth and School Services track team successfully competed in their first ever CYSS and City of Eschenbach track and field partnership, and had they been registered with the German sports club, would have been able to advance to the finals. The USAG Grafenwoehr CYSS and Eschenbach coaches hope to continue the partnership next year.

Runners make strides during 10-Miler



Photo by Markus Rauchenberger

GRAFENWOEHR, Germany — U.S. Army Garrison Grafenwoehr Family and Morale, Welfare and Recreation hosted 181 runners during the U.S. Army Europe 10-Miler, here, July 9. Runners showed up bright and early to register and to begin the run in sweltering humidity. While heat and exhaustion were an issue for some, Sgt. David Eagan and Chief Warrant Officer 3 Deanna Merriman brought their “A” game. Eagan placed first for the active duty men with a run time of 57 minutes, 2.72 seconds and Merriman secured the top women’s spot with a time of 76 minutes, 1.18 seconds. The top six active duty male and female runners qualified to compete for the U.S. Army 10-Miler in Washington, D.C., in October.

Top 6 Active Duty Men
Sgt. David Eagan
Capt. Bradley Glosser
Maj. Rodney Ducus
Capt. Walter Birner
Staff Sgt. Matthew Cobb
Sgt. Michael Phillips

Top 6 Active Duty Women
Chief Warrant Officer 3 Deanna Merriman
Cpl. Suzanne Kusick
2nd Lt. Stephany Kiel
Sgt. Alissa Draper
Capt. Elizabeth Desitter
Capt. Erica Barkei

With a bow and a quiver of arrows young archers pick up basics

Story and photo by
Gini Sinclair
USAG Ansbach Public Affairs

ANSBACH, Germany — Just when archery became a skill isn’t known. Man has been using a bow and arrow for centuries. Arrowheads dating back to 35,000 B.C. have been found in Africa.

Today, archery is most often practiced as recreation rather than hunting.

“In Germany, there is no hunting with a bow,” said Chief Warrant Officer 4 Mark Knigge, G-3 Air, U.S. Army Europe Aviation Safety and Standardization Detachment, Illshiem, and instructor for the U.S. Army Garrison Ansbach Child and Youth Services Sports Archery Class. “It’s not illegal to own a bow and if your neighbor sees you with a bow they will know you are using it for target practice, because hunting with a bow is illegal in Germany.”

This class was part of the CYSS day camps and is one of the sports offered this summer. Knigge spent the

first half of a 90-minute class teaching the equipment and safety to the five children in attendance.

“Never pull the bow string back without an arrow in it,” Knigge said. “The bow is designed to create pressure when the string is pulled. If you let it go but there is no arrow the force has to go somewhere. The bow may explode, parts of the bow would go flying off everywhere and hurt not only you, but people around you.”

He also emphasized that the bow and arrow is a weapon; arrows travel fast and could hurt someone if hit, even accidentally.

Knigge then pointed out the different parts of the bow; he had two different types to show the students.

He brought his own hunting bow to show the class the difference between a bow intended for hunting and one that is designed for target practice.

When he had covered the parts and types of bows, Knigge explained about the different arrows.

Today’s arrows might have plastic or other material instead of feathers

on the shaft to help them fly straight.

Finally, it was time to practice. Two targets about 25 feet from the firing line served the entire class. Knigge’s 9-year-old son, Michael, came along to help demonstrate using the bow and arrow.

Michael brought his bow, which was different than those provided by the CYSS, giving students a range of bow types to learn about.

Knigge explained the proper way to behave on the target range. Just as on rifle ranges, the bows must be all laid down before anyone moves forward of the firing line.

Archers were given a chance to shoot and then they moved to the targets to count their points and to recover the arrows.

“All targets are white to yellow,” Knigge pointed out, “points are from one to 10. You just count up your score and that’s how it’s done in an archery tournament. But, today we are just here to have fun.”

Knigge recommends wearing long sleeves to protect your arm from the bowstring.



Deanna Fullerton, 15, takes aim with a bow and arrow at an archery class. Instructor Chief Warrant Officer 4 Mark Knigge, right, and Dan Atkinson, 11 watch as watches as Fullerton practices her newly acquired archery skills.

According to Bente Tommerdal, program coordinator, CYSS, the class will last for six weeks, and new students can attend despite not hav-

ing signed up initially. Classes are designed for children 8 years and up. CYSS provides bows and arrows. To sign up, call DSN 468-7866.

Memorial service honors three fallen heroes

By Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Hohenfels community members crowded into the standing-room only Post Theater on July 13 to pay their last respects to three Soldiers who made the ultimate sacrifice for their country.

Staff Sgt. Joshua A. Throckmorton, 28, of Battle Creek, Mich.; Spc. Jordan C. Schumann, 24, of Port Saint Lucie, Fla.; and Spc. Preston J. Suter, 22, of Sandy, Utah; died July 5, when their vehicle struck an improvised explosive device near Coalition Outpost Zurmat District, Paktika Province, Afghanistan. The Soldiers were assigned to the 527th Military Police Company, 709th MP Battalion, 18th MP Brigade.

Lt. Col. Roger P. Hedgepeth, 709th MP Bn. commander, praised the Soldiers for their courage, selfless service and honor, reminding the gathered mourners that the Soldiers' sacrifice was not in vain.

Assigned as the Quick Reaction Force that morning, the squad responded to a report that another

patrol had been attacked by the enemy and was currently isolated and disabled. Rolling out in Truck 316, the team took the point position as they headed out to rescue their fellow Soldiers.

"The sacrifice of Staff Sgt. Throckmorton, Spc. Schumann, and Spc. Suter did matter, it was important," Hedgepeth said. "Every member of the squad they rolled out to rescue was saved."

In remarks sent from Afghanistan, Capt. Rebecca Doak, 527th MP Co. commander, remembered the love and commitment of the three Soldiers to their families, as well as to their fellow Soldiers and the mission.

"What is so amazing and awe-inspiring about this unit and its families is that the pain we feel has not immobilized us," Doak wrote. "It has brought out the beauty, strength and compassion in all of us. I am so very proud of the way the spouses, friends and Soldiers of the rear detachment have bonded together to give each other the strength needed to grieve, remember and continue to celebrate the lives of our heroes."



Schumann



Suter



Throckmorton

“What is so amazing and awe-inspiring about this unit and its families is that the pain we feel has not immobilized us. It has brought out the beauty, strength and compassion in all of us.”

Capt. Rebecca Doak, 527th MP Co. Commander

Fellow Soldiers spoke of their fallen friends, remembering laughter shared and bonds formed.

Sgt. Michael Morgan, writing from the battlefield, said, "(Throckmorton) was a deeply loving husband, a world-class father, and the

best squad leader I ever had. He taught me how to be an NCO. My life has forever been changed and made better because of him."

Spc. Brain Tsai remembered how Schumann's laugh would echo through the entire barracks and how

his jokes would lighten the mood for the entire company.

"(Schumann) always took the chance to teach other Soldiers and me," said Tsai. "(He) was always motivated and eager to be the best Soldier and friend to all of us."

Suter was described as a consummate professional who just wanted to get the job done and go home, but who was also compassionate and easy to confide in.

"(Suter and I) shared stuff that others will never know," said Spc. David Kelley. "(He was) one of the few people who consistently delivered for me when I needed it."

Hedgepeth said that though the Soldiers were well aware of the danger they were driving into, "They did not hesitate to act."

"The names of Staff Sgt. Throckmorton, Spc. Schumann and Spc. Suter will join the 18 other 709th warriors who have made the ultimate sacrifice, etched in granite for eternity," said Hedgepeth, referring to a memorial hallway within the battalion headquarters.

"True heroes, all," he added. "And they will never be forgotten."

1-4th Inf. Regt. dedicates headquarters rooms to fallen Soldiers

By Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — In the decade since the September 11, 2001, terrorist attacks in which four commercial airliners became missiles targeted at America, thousands of American Soldiers have lost their lives in Afghanistan and Iraq. The war has touched countless lives and impacted the entire nation, but nowhere more so, than in our military communities, where brave young men and women continue the struggle for freedom and democracy.

Every military community faces

loss, but it is in how we respond to this loss that defines the meaning.

On June 29, the 1st Battalion, 4th Infantry Regiment, honored four of its fallen warriors by dedicating four rooms in the battalion headquarters to Soldiers who had paid the ultimate price.

"For me it was a way to memorialize our Soldiers that were killed during the time that I was in command of the battalion," said Lt. Col. Rafael A. Paredes, 1-4th Inf. Regt. commander. "Not to remember them in death, but in celebration of the life that they led."

Plaques bearing their names hung

above the rooms, and photos with biographical information grace the walls inside. Paredes said some of the surviving family members helped choose some of the pictures with the intent to reflect the memory of the men in life.

"These men made a big difference to the people they worked with and interacted with. I wanted to try and inspire others to live their life like they did," said Paredes. "We will continue to cherish the memories of how they lived their lives, and how, in the process, they gained the love and admiration of everyone around them."

The inspiration for the rooms chosen came from the everyday activities of the four Soldiers. For Capt. Mark A. Garner, battalion logistics officer and company commander, a large part of his day was spent in the conference room which now bears his name.

"We chose the cardio room for Staff Sgt. (Marc A.) Arizmendez cause he was always in there, always working out," said Paredes.

Spc. Roger Lee's name now hangs above the OPFOR Academy room, door while the battalion classroom was named after Pfc. Michael S. Pridham Jr.

"Every Soldier that is assigned to this battalion goes in these rooms," said Paredes. "My intention is that as long as this building is occupied by the 1-4th Inf. Regt. that these warriors will continue to inspire us on a daily basis to be better leaders, better husbands, parents, friends and Soldiers."

Gold Star spouses Nickayla Myers-Garner and Barbara Arizmendez cut the ribbons leading to the rooms named after their respective Soldiers.

"The families should be proud of their Soldiers' service and know that they will never be forgotten," said Paredes.

Mom's words still hold true: be careful who you befriend

By Social Media Division
U.S. Army Office of the Chief of Public Affairs

WASHINGTON — You just signed up for a Facebook profile and a four-star general already wants to be your friend. Good thing right? Not likely.

Fake profiles, impostors and online scams litter the social media landscape, and as social media evolves, so do the tactics of online crooks. As social media use becomes more prevalent in today's Army, many Army leaders and Soldiers recognize that effective social media education is the best way to keep Soldiers from falling into the traps set by social media scam artists.

"It's still the wild west out there," said Staff Sgt. Dale Sweetnam, the noncommissioned officer in charge of the Online and Social Media Division, or OSMD, in the Office of the Chief of Public Affairs. "You have to stay vigilant, protect your information and always be on the lookout for social media scams."

The Army authorizes the use of social media in both official and personal capacities, but Sweetnam said the threats are always present so education is key.

Social media scam artists work tirelessly to steal personal information, impersonate Soldiers and try to acquire sensitive information.

"We are all familiar with the Nigerian money scam emails that used to plague our email accounts a few years ago, right? Well now that our online use has evolved, so have scammers," said Maj. Juanita Chang, the Army's director of OSMD.

"If you are a scammer who wants to build someone's trust and then con them into sending you money, doesn't it make sense to steal the identity of someone America trusts — and no-



Courtesy photo

Exercise caution when using social media. Scammers are increasingly creating fake profiles and pretending to be Soldiers.

body is held in higher esteem than our military members, so they make a lucrative case to impersonate. People inherently trust the military and wouldn't imagine being conned by a Soldier or a general with a chest full of medals," said Chang.

In 2009, the Robin Sage Experiment effectively demonstrated how people respond to social media scams. In December of 2009, Provide Security, a cyber security company, created fake Facebook, Twitter and LinkedIn profiles for a person they named "Robin Sage." Sage claimed to be "Cyber Threat Analyst."

Over the next few months, the fake persona collected hundreds of friends and over time, slowly extracted sensitive information from those in the intelligence and cyber communities.

Not only does the Robin Sage Experiment demonstrate how easy it is for someone to penetrate social media circles, it shows that even some of the most security-minded individuals are still susceptible to attacks.

Not every social media scam is as complex and thought out as the Robin Sage experiment. In many cases, people will simply go online, become "friends" with a Soldier in uniform, steal the photo and use it as their own profile photo.

Some individuals have actually taken the identity of a deceased Soldier and used as to solicit money from unsuspecting victims.

One such incident was reported by the New York Post earlier this year. It happens to deceased Soldiers, active Soldiers and even Army leaders.

"I spend a few hours a week searching social media platforms for people posing as Army leaders," Sweetnam said. "We work hard to protect the digital integrity of our Army leaders. It's disappointing to find that there are so many scam artists out there, but for now, that's just the way it is."

Sweetnam said that fake pages also exist for Army organizations, so he suggested that those interested in finding official Army social media presences should check out the Army's Social Media Directory.

Sweetnam said that regardless of how involved you are with social media, it's important to always be on the lookout for scams. He said that you should never "friend" someone you don't actually know in person on Facebook.

You should also do periodic Google searches for your name to make sure nobody is using your name and likeness for personal gain. And, of course, always keep operations security in mind.

"OPSEC should always be the paramount concern," said Sweetnam. "Throughout our Army career, we are trained on the importance of OPSEC. Maintaining information security should apply not only during deployments, but each time you sign on to Facebook or Tweet."

Sweetnam said OSMD has produced and distributed dozens of training documents detailing effective and safe social media use. These materials can be found on the Army's Slide-share site.

One of the more comprehensive resources developed by the OSMD is the Social Media Handbook which examines everything from blogging to using social media for crisis communications. Some suggested social media safeguards are:

- To stay safe, the Online and Social Media Division suggests that social media users take several precautions when using social media.
 - It's important to not share information that users don't want to become public.
 - Verify a "friend" request by phone or other means before allowing access. Group "friends" (e.g., real life, co-workers, strangers, etc.) and control access permissions based on the groups.
 - Take a close look at all privacy settings. Set security options to allow visibility to "friends only."
 - Users should be careful about what they post about their lives on social media platforms. Once something is out there, users can't control where it goes.
 - Be cautious when listing job, military organization, education and contact information.
 - Ensure that information posted online has no significant value to the enemy. Always assume that the enemy is reading every post made to a social media platform.
 - Closely review photos before they go online. Make sure they do not give away sensitive information which could be dangerous if released.
 - Make sure to talk to family about operations security and what can and cannot be posted.
 - Create different, strong passwords for each online account. Never give password information away.
- "Social media is an exciting space," said Sweetnam. "There is a lot the Army can achieve using social media and there are endless benefits for Soldiers and their families. But we have to be safe and we have to be on the lookout for those who wish to ruin a good thing."

Watkins takes reins of 1-4th Inf. Regt.

Change of command ceremony marks a new chapter in unit's 219-year-old history

Story and photo by
Mark Iacampo
USAG Hohenfels Public Affairs

HOHENFELS, Germany — Marking the next chapter in its 219 year history, the 1st Battalion, 4th Infantry Regiment, one of the oldest and most decorated units in the Army, turned out for inspection during the change of command ceremony, July 7.

After serving two years as commander, Lt. Col. Rafael A. Paredes passed the reins to Lt. Col. Mitchell O. Watkins at a ceremony presided over by Col. John M. Spiszer, Joint Multinational Readiness Center commander.

"This is the proudest moment of my military career," Paredes said. "I tell my officers that nobody goes to a circus to watch a guy juggle three balls, they go to watch a guy juggle chainsaws on fire, and that's how we feel sometimes, some of the things we do here. And this unit has done great things."

Paredes praised the regiment for its accomplishments, not only serving in Afghanistan in support of Combined Task Force Zabul for nine consecutive deployments, but also in continuing to carry out their



Lt. Col. Mitchell O. Watkins receives the guidon from Col. John M. Spiszer, JMRC commander, signifying his assumption of command of the 1st Battalion, 4th Infantry Regiment.



Lt. Col. Rafael Paredes, Col. John M. Spiszer and Lt. Col. Mitchell O. Watkins inspect the troops during the change of command ceremony for the 1st Battalion, 4th Infantry Regiment, July 7.

premiere mission of serving as U.S. Army Europe's opposing force.

"Every day, I was humbled by their accomplishments, their resil-

ience, and their desire to accomplish the mission, no matter what the task," said Paredes.

Spiszer pointed out that in ad-

dition to being one of the most deployed units in the Army, the 1-4th Inf. Regt. also helped train over 50,000 Soldiers during the past two years, most of them headed for combat in Afghanistan.

"Raf (Paredes) wouldn't want me to single him out as he always gives credit to others," Spiszer said, "but I know his initiatives, vision, drive and expertise combined to truly make a significant difference to the community, the 1-4th Infantry, and to the countless units we've trained."

Incoming commander Watkins told the gathered Soldiers, "I cannot express the pride I feel, and at the same time, the humility, to become part of your organization."

"Lt. Col. Watkins comes to us with a wealth of experience that is going to stand our warrior battalion, our OPFOR, our USAREUR units in good stead as we transition to doing more full spectrum training," said Spiszer. "It is now up to him to keep the ball moving forward in Hohenfels."

Paredes is on his way to Paktika Province in Afghanistan as the deputy commander of the 172nd Separate Infantry Brigade, a unit that the 1-4th Inf. Regt. and the Hohenfels military community helped prepare for this very mission in trainings conducted a few short months ago.

When the 20-year veteran was asked when he might consider retirement, Paredes replied, "As long as I feel like I'm making a difference, I'll continue to serve."

Schweinfurt battalions depart for Afghanistan

By Charles Stadlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — Through a flood of tears and reluctant parting embraces, more Schweinfurt Soldiers said farewell to their families before departing to spend a year in Afghanistan. After the initial departures of small groups of advanced echelon and strategic planning Soldiers last week, the massive main body of troops began their transit downrange in recent days.

Under the bright summer sun on July 11, Soldiers gathered with rifles slung over their shoulders and pockets rattling with plastic bottles of anti-malaria pills. Some children wept, some lovingly embraced their fathers and mothers with words of farewell. Single Soldiers joked with each other and friends came to offer support to those without families.

All in attendance — family and friends alike — said their formal good-byes as the Soldiers boarded buses that would take them to the first in a series of stops between Schweinfurt and their final destination Afghani-

stan's eastern provinces over several days' travel. Their tense anticipation at leaving Schweinfurt will only be magnified over the coming days as they endure many briefings long periods of waiting.

The 9th Engineer Battalion, 1st Battalion, 77th Field Artillery Regiment and 172nd Support Battalion are all deploying to Afghanistan as part of the 172nd Infantry Brigade's mid-summer replacement of troops in the International Security Assistance Force's Regional Command East. The three battalions make up nearly half of Schweinfurt's troop population.

According to ISAF's website, the mission of troops will be to reduce the capability and will of the insurgency, bolster Afghanistan's own native security force and facilitate national development to foster stability in the country.

For the families still here in Schweinfurt, the mission seems to be aimed at offering emotional support to each other while the troops are deployed and marking the days off the calendar until their loved ones' return in summer next year.



Photo by Molly Hayden

Welcome wagon

GRAFENWOEHR, Germany — Cpl. Wales Rowe is greeted by his wife Tommie and children, Chad, Alex and Tristan, during the 167th Medical Detachment (Optometry) redeployment ceremony, July 11. Rowe, along with Maj. Kyle Smith and Charles Tessman and Spcs. Ronnie Wilder, David Hawkins and Kasey King returned from a year-long deployment where they provided optometry services in support of the relief efforts in Iraq.

16th Sustainment Brigade Soldiers compete for Warrior title



Sgt. Timothy Dingle, a chemical operations specialist with the 12th Chemical Company, 18th Combat Sustainment Support Battalion, 16th Sust. Brigade, fires his rifle during the qualification range portion of the 16th Sust. Bde. Warrior and Warrior Leader of the Quarter competition on Warner Barracks, Bamberg, Germany, June 28.

Story and photo by
Pvt. Kevin Alex
16th Sust. Bde. Public Affairs

BAMBERG, Germany — Four times a year, each battalion of the 16th Sustainment Brigade, 21st Theater Sustainment Command, send their best noncommissioned officer and junior enlisted Soldiers to compete in the Warrior and Warrior Leader of the Quarter competition.

The brigade held its first WOQ and WLOQ competition for the 2012 fiscal year at its headquarters here on Warner Barracks June 28-30.

This quarter's competition consisted of seven events over three days that challenged each Soldier's mental and physical abilities including an Army Physical Fitness

Test, a rifle qualification range, weapons disassembly and assembly, a day and night land navigation course, a road march and a formal board.

The competitors were considered the best of each of their respective battalions as they showcased their Army skills and knowledge in an attempt to take home the prestigious title of Warrior and Warrior Leader of the Quarter.

"The most challenging event was definitely the road march," said Spc. Steven Palmer, a motor transport operator with the 66th Transportation Company, 39th Transportation Battalion, 16th Sust. Bde., and WOQ winner. "It takes a lot of heart to not just race against your opponent but also yourself and finish with a good time."

Over the last year the compe-

tion has evolved to maximize the challenge while maintaining a safe and rewarding event as Soldiers endure a series of physical and mental challenges. "The range was the hardest part for me," said Sgt. Timothy Dingle, a chemical operations specialist with the 12th Chemical Co., 18th Combat Sust. Support Bn., 16th Sust. Bde., and WLOQ winner. "I had to put on the big combat goggles over my prescription glasses. I usually shoot (expert) but I ended up shooting (sharpshooter) because I couldn't put my cheek on the (rifle's) stock or my nose on the charging handle."

For some Soldiers, the competition is more than just hard work and dedication, it's also fun.

"The best part was the land navigation," said Dingle. "I've always

VAT forms applicable to TKS services

Forms cannot be used by those with one or two-year contracts

By IMCOM Europe
Public Affairs
News Release

HEIDELBERG, Germany — Installation Management Command Europe officials recently announced that eligible U.S. forces Telepost Kabel-Service customers will be able to use Value Added Tax forms to avoid paying VAT taxes on their landline telephone and Internet service beginning Aug. 1.

All U.S. DoD personnel or ID card holders that normally qualify for German VAT exemption will now also be able to save 19 percent on their monthly TKS bills.

The authorization to use VAT forms applies only to existing and new TKS services that run on a month-to-month basis. Contracts with a minimum duration of one or two years do not qualify for a VAT exemption.

"Using VAT forms for subscription types of services such as utilities and telephone service has not been possible in the past, at least in part because VAT forms are not authorized in conjunction with long-term contracts," said Rafael Wunsch with Installation Management Command Europe. "Utilities and telephones are generally supplied based on such 1- or 2-year contracts."

The basic premise is that TKS adjusted its product offering so that the landline phone service can now be put on a month-to-month subscription rather than a 1- or 2-year contract.

"The way the program works is that U.S. forces members provide TKS with a regular VAT form every month before the first of the month and TKS will then deduct the taxes from the bill at the end of that month," said Wunsch. "Members can also provide TKS with multiple forms, but IMCOM Europe officials recommend providing not more than three forms in advance for this purpose."

For every month that a service member provides a VAT form before the first day of the month the value-added tax will be deducted. For every month that a service member does not provide a form (or if they sent it in late) the VAT will be added to the bill.

Members are responsible for tracking, proper processing, and turn in of used VAT forms.

For more information, call your local VAT office, TKS outlet or the IMCOM Europe program management at DSN 370-7503.

Local mom elected to National PTA’s board of directors

By National Parent Teacher Association
News Release

ALEXANDRIA, Va. — National PTA recently announced that Shannon Sevier of Grafenwoehr, Germany (originally from Waimea, Hawaii) was elected to its board of directors.

She is one of eight new board members announced at the 115th Annual National PTA Convention and Exhibition in Orlando recently. Thousands of parents, teachers, students and other child advocates attended the convention and voted it the election.

“I am honored to be elected to this position on the National PTA board of directors. I look forward to being a voice for families throughout the country on issues that affect them every day,” said Sevier.

A PTA member for more than 11 years, Sevier serves on the European PTA Executive Board as vice president of legislation and is on the Department of Defense Dependent Schools Europe Advisory Council.

She previously served as European PTA president in 2009 and 2010. She also was chair of the European PTA’s Reflections and Scholarship committees.

She holds a Master of Arts in teaching from



Sevier

the College of Charleston, S.C. While attending St. Mary’s School of Law in Texas she was awarded the Dean’s Scholarship for leadership and the Pro Bono Service Award for community service in the field of family law.

She carried a clerkship in the field of education law and clerked for the Texas state attorney general’s office. Sevier currently teaches transition assistance workshops to separating and retiring Soldiers and airmen in the eastern Germany region. She is licensed to practice law federally and in the state of Texas.

Sevier is married to an Army veteran and has a blended family of five children.

National PTA’s board of directors is comprised of 28 parents, education professionals and community and business leaders from across the country.

Her full bio can be found at www.pta.org/4556.htm. A complete list of National PTA’s Board of Directors can be found at <http://pta.org/1173.htm>.

Ansbach gets new School Age Center

Story and photo by
Gini Sinclair
USAG Ansbach Public Affairs

ANSBACH, Germany — The new School Age Center at Storck Barracks opened recently and special guest Lt. Gen. Mark Hertling, U.S. Army Europe commander, and his newest friends cut the ribbon to honor the occasion.

The brand-new building is near the Bunch Physical Fitness Center. It was designed specifically as a SAC with one room for a child care center. According to Amy Meyer, director, USAG Ansbach SAC, the building came complete with all the furnishings.

“We got all new supplies,” Meyer said. “The building came with video games, science kits, even a library with books. We used to be in a building across from the bowling alley. It was about one-quarter the size of the current area. This is such an improvement.”

A computer lab is equipped



Children test out the slide at the new Storck Barracks School Age Center playground. The \$5 million facility officially opened June 24.

to help students with homework. A gymnasium offers an opportunity to play a variety of ball games. Inside is a kindergarten room, cafeteria and game room, arts and science room, kitchen, a hallway filled with lockers, and administrative areas. An outdoor playground provides slides and a soft landing.

The new SAC is just a little over 15,000 square feet of inside space, with nearly 4,000 square feet of outside. The building, its contents and the playground cost \$5 million.

Now that the center has room for more children Meyer is looking forward to filling up the building to its capacity of 104 children.

What’s Happening

Ansbach Briefs

Sunset Paddling

July 20 & 27: Come canoe, kayak or inline skate the Altmühl River with Ansbach Outdoor Recreation. Join us every Wednesday after work for a sunset paddle or inline skate. After paddling, dinner can be enjoyed at a riverside restaurant.

The Frequent Paddling Club Card entitles you to every third Sunset Paddle trip free! Bus departs Outdoor Recreation on Katterbach Kaserne at 5:30 p.m. Cost includes transportation and equipment: Adults \$25, children \$15, family \$59. Call CIV 09802-83-3225, DSN 467-3225 for more details.

Weekly Bicycling

July 21 & 28: Join Ansbach Outdoor Recreation every Thursday on a ride that lasts approximately 1.5 hours. Bring your own bike or use one of Outdoor Rec’s at no cost. Log your distance weekly at ODR and earn a cycling jersey after you complete 500 miles in one season (while supplies last).

Preregister by 6 p.m. the Wednesday prior. Call CIV 09802-83-3225, DSN 467-3225 for more details.

Motorcycle Mania

July 26: New this year for the motorcycle enthusiasts in the community: bimonthly rides. Meet at Ansbach Outdoor Recreation (you must be a registered rider) the 2nd and 4th Tuesday of July and August (July 26; Aug. 9, 23) for a briefing on safety and riding etiquette then depart for a few hours of riding, stopping for refreshments along the way.

If pouring rain: no go; overcast or drizzly: we roll. Call CIV 09802-83-3225, DSN 467-3225 for more details.

Bike the Donau

July 23 & 24: Explore the scenic Donau River valley, starting in Ingolstadt, visit the Weltenburg monastery, enjoy a boat ride to Kelheim and overnight in a guesthouse.

Cost includes transportation, bicycle, boat ride and one overnight: \$69. Contact Ansbach Outdoor Recreation for more details at CIV 09802-83-3225, DSN 467-3225.

Hike the Zugspitze

July 30-31: Enjoy the spec-

tacular Alpine scenery on our overnight trip, which includes meals in a rustic mountain hut, so carrying heavy provisions and camping gear isn’t necessary. Cost includes transportation and overnight: \$99. Contact Ansbach Outdoor Recreation at CIV 09802-83-3225, DSN 467-3225.

Garmisch Briefs

Pool and gorge

July 23: One of the most beautiful natural attractions in this area is the Partnachklamm. We will talk a bit about the 1936 Olympics in Garmisch and show people the stadium where the ski jumping event took place.

After our invigorating walk through the gorge, we visit the town’s largest swimming pool, the Alpspitze Wellenbad. Cost: \$28 for both, \$7 for Partnachklamm, \$22 for pool.

Zip-line adventure

July 23: Are you ready for an adrenaline rush? Located in the heart of the Dolomites, you will be fastened to a cable 100 meters high, sliding speedily toward the valley floor, with the wind in your hair and your heartbeat going off the scale!

Experience a unique and unforgettable sense of excitement as you descend a good 400 meters over 3 kilometers, the steepest in the world! Trip departs at 9 a.m. Cost: \$85.

Partenkirchen tour

July 24: Visit historic sites in Partenkirchen, the older of the twin cities. See the “Plague Chapel” put up during the Thirty Years’ War, great frescoes, the state school for woodworking, and the Partenkirchen Kurpark. Cost: \$7.

Venice and Verona

July 29-31: On Saturday, visit Venice with its great art and architecture, pigeons in St. Mark’s Square, gondolas and good food. On Sunday, it is off to Verona and a tour of the Romeo and Juliet city with the great Roman Arena. Trip departs Friday, July 29, at 4:15 p.m. Cost: \$290 (museum entrances, food, and public transportation extra).

Munich/Third Reich

Aug. 5 & 7 or 24 & 28: After an overview on Friday, on Sunday meet at the bahnhof just prior to the 8 a.m. train to

Munich where we recreate the Bier Hall Putsch as it happened in 1923, visit the site of the Munich Accords and explore other places associated with the Nazi movement.

This is an extremely interesting tour, somewhat like examining an urban battlefield. Lots of walking all day - wear comfortable shoes. Cost: \$35.

Water works

Aug. 6: Enjoy an extremely therapeutic, relaxing, calming, and exhilarating time, with lots of good fun at the Erdinger Therme water park. Cost: Transportation \$15; park entry cost varies.

Conquer the Zugspitze

Aug. 6-7: At 2,966 meters, Germany’s highest peak is 2,200 meters higher than Garmisch! Starting at the Partnachklamm, we hike up through the stunning Reintal Valley, staying the night at the Reintalangerhütte.

Sunday morning we will be serenaded with Zither music and then we climb to the Zugspitzplatt glacier. Get a great lunch or scale the harrowing “klettersteig” to the cross. Cost: \$149.

Bike to the Biergarten

Aug. 20: Discover the pleasures of a genuine Munich beer garden. We take the train to Munich, then we bike all over the northern part of town, seeing sites and enjoying local beers along the way. Cost: \$33.

Graf/Rose Barracks Briefs

Football practice

Come out and join Vilseck High School Football Team player-led practice Tuesdays, Thursdays and Saturdays.

For more information, contact Col. Vann Smiley at avanulas.smiley@eur.army.mil.

School Registration

All new and returning DoDDS students must be registered prior to every new school year. Registration will allow appropriate staffing levels for the fall.

School Physicals

Does your child need a school or sports physical for the upcoming school year? The Rose Barracks Health Clinic will be offering School-Aged/Sports Physicals on July 27 & 29 and Aug. 3 & 5, 16 & 17 by appointment only. To schedule an

appointment, call DSN 476-2882 or CIV 09662-83-2882.

Healthy Heart classes

July 27: You know there are risks for heart disease, but do you know what those risks are? Do you have high blood pressure, high cholesterol, or diabetes? Do you have a family history of these conditions? Do you know how to decrease those risks?

The Army Wellness Center- Grafenwoehr is offering a monthly Healthy Heart class in bldg 168 at 1 p.m. The class will cover the risks of heart disease and what you can do to reduce those risks - open to all ID card holders. For more, 09662-83-4795.

Healthy Family Fair

Aug 19: Join other parents and experts to learn what to focus on and how to do it - get free advice from certified experts in Pediatric Health, Early Childhood, Community Services, Education, Nutrition, Breastfeeding and Child Psychology from noon – 4 p.m., Netzaberg Teen Center.

Additionally, Dr. Krystal White will be offering an interactive parenting seminar: 10 Most Healthy Habits! This will be a chance to ask all of your child health related questions. Noon – 1 p.m. and 2 – 3 p.m. RSVP to Dr. White at krystal.white@amedd.army.mil.

Estate Claims

Anyone having claims on or obligations to the estate of Sgt. Bernard Tugume of 3-66th Armored Battalion, 172nd Infantry Brigade, should contact 2nd Lt. Chad R. Christian, summary court martial officer, at DSN 475-4149 or e-mail chad.christian1@eur.army.mil.

For claims on or obligations to the estate of Sgt. James Moreno, 2nd Squadron, 2SCR, contact 1st Lt. Benjamin Christian, summary court martial officer, at DSN 476-5559 or e-mail benjamin.c.christian@eur.army.mil.

For claims on or obligations to the estate of Staff Sgt. David D. Self, Fires Squadron, 2SCR, contact 2nd Lt. Bryan T. Rodman, summary court martial officer, at DSN 476-5252 or e-mail bryan.rodman@us.army.mil.

Hohenfels Briefs

Summer Part Day

July 25: Open to children between the ages 2-5, Discover and Learn is a great program offered at the CDC Annex this summer. The session runs July 25-Aug. 12

and meets on Tue/Thu or Mon/Wed/Fri from 8:30-11:30 a.m. Enroll your little one and help them to continue on their path of growth and discovery! Contact Parent Central Services located in Bldg. 10 or call DSN 466-2080 or CIV 09472-83-2080.

Fall Sports

Now through July 31: Registration is now open for the fall (Aug.-Nov.) Youth Sports season. Choose from soccer, flag football, tackle football, cheerleading or bowling. Open to ages 3-18. Sign up through Parent Central Services, Bldg. 10, DSN 466-2080 or CIV 09472-83-2080.

Kontakt Club

July 31: The club will host its annual summer barbecue at the Club Beyond Building (across from the commissary) on post. The meat, hotdogs and drinks will be sponsored by the club. We kindly ask you to bring your favorite side dish to share with the group. The barbecue will start at around 3 p.m. To sign-up, call Andy Kirschenbauer at CIV 0176-80003950 or e-mail andreas.kirschenbauer@us.army.mil.

Europa Park

Aug. 6: Join ODR on an exciting and adventurous day visiting Europe’s largest theme park! There is something for all ages to enjoy. Bus will depart Hohenfels ODR, at 7 a.m. and return at 10 p.m. Cost is \$99 per person. Price includes transportation to and from Europa Park as well as admission.

Community Soccer

Through Aug. 9: Sports and Fitness is looking for teams to participate in the upcoming community soccer program. Register your team to participate in our league. Call FMWR Sports and Fitness at DSN 466-2883/2868, e-mail dlmwrhohenfelssports@eur.army.mil, or stop by the post gym, Bldg. 88.

Ceramics Festival

Aug. 20: This will not be your everyday Polish pottery shopping trip! The last week of August, Boleslawiec, Poland, has its annual ceramic festival. There will be lots of shopping and lots of deals to be had at this event. A bus will depart Hohenfels ODR at 2 a.m. and return at 11:30 p.m. Cost is \$89 per person and includes transportation.

Join Scouting

For Cub Scout information, call Tim Hoffer at CIV 0949395-1370 or e-mail timothy.r.hoffer@eur.army.mil. For Boy Scout

information, call Kirstin Reed at CIV 0918-293-1731 or e-mail BSTroop303@googlemail.com. The website for Troop 303 is <https://sites.google.com/site/bstroop303>

Girl Scouts

Join the Girl Scouts. The Girl Scout Hut is located at Bldg. 743 and is across from the commissary and next to Self Help. For more, e-mail hohenfels-girlscouts1@rocketmail.com or call CIV 09472-832109.

Schweinfurt Briefs

Fishing License Class

Angling to get fishing? Head on over to Schweinfurt Outdoor Recreation for this fishing license class that runs from July 22-24. This class is required for U.S. ID cardholders who wish to obtain a German fishing license. Cost per person is \$65. For more, call DSN 353-8080, CIV 09721-96-8080.

Chapel Retreats

The Schweinfurt Chapel is running two retreats to Edelweiss Resort. The Family Wellness Retreat runs from July 25-27 and the Soldier Retreat (material geared toward single Soldiers) runs from July 27-29. For more, call DSN 354-6135, CIV 09721-96-6135.

August SNAPS

Equipping newcomers with the knowledge they need to live comfortably and independently in Germany. This five-day course culminates in a cultural sightseeing tour. Presented once a month, the next edition starts Aug. 1. Preregistration required. For info or to register, call ACS at DSN 354-6933, CIV 09721-96-6933.

Vacation Bible School

The Ledward Chapel is excited to announce the annual VBS Program. VBS is a free, fun, and spiritually uplifting program for children ages 4-10 years and runs from July 31-Aug. 4. This year the theme is PandaMania.

For more, contact Pat Wiedemer at VBSSchweinfurt@yahoo.com or Donna Hilley at 0151-4042-1810.

Askren Clean Sweep

This surging community initiative gathers dedicated volunteers, Askren residents and otherwise, to meet at the commissary and spend an hour or two sprucing up Schweinfurt’s largest housing area. Take pride in your community; join the movement. The next meet-up is Aug. 6 at 9 a.m. in front of the commissary.



The jewel on the Elbe River

By Christoph Koppers
Special to the Bavarian News

DRESDEN, Germany — Historic Dresden, with its old and new towns split by the idyllic Elbe River, offers visitors the best of both worlds: a modern European city with visible ties to its past. The city’s recorded history began as early as the 12th century. A few hundred years later, King August the Strong attracted top notch artists from all over Europe to beautify the city and establish its reputation as a cultural and artistic capital in Europe. This reputation later paved the way for an economic boom during the 19th century.

As the capital of Saxony, Dresden’s rich history and rapid industrialization also contributed significantly to its demise. The city was almost completely destroyed by Allied bombing raids at the end of World War II. In addition, 40 years of East German socialistic regime severely impacted its recovery following the war. As such, many of Dresden’s major reconstruction projects weren’t started until after Germany’s reunification in early 1990.

One such project, The Dresden

Frauenkirche, was finally completed in 2005. A systematic collection and categorization of the rubble allowed architects to place useable pieces back in their original positions. In addition, the new cross atop the dome was built by Alan Smith, whose father was one of the Royal Air Force pilots who bombed the city. The former cross is on display inside the church near the spot where it fell when the church collapsed. The Frauenkirche’s elaborate dome is the largest made of sandstone north of the Alps measuring 24 meters high.

In addition to architecture, Dresden offers a wide spectrum of entertainment, including a variety of sophisticated art collections and the Dresden State Theater, which is the only independent operetta in Germany.

The Zwinger
The Zwinger Palace, with a unique Baroque and Rococo archi-

ture style quite unique in Europe, contains various exhibits of classic art. It is number one when it comes to sightseeing activities. The vast complex offers visitors an entire day of exploration. Just a few feet away from the palace is the famous Semper Opera, a major landmark in Dresden’s Old Town.

Pillnitz
Pillnitz is a picturesque district east of Dresden. The Japanese style water palace grants visitors plenty of opportunities to stroll through several parks. The famous camellia tree can be seen there, as well as other unusual plants that are cultivated in the Chinese and the English pavilions. The area also houses a winery. This beautiful setting can be reached easily by bus, boat, bikes, which can be rented for a reasonable fee, or by a leisurely stroll along the river.

Blue Wonder
The Loschwitz Bridge, or Blaues Wunder, is a cantilever truss bridge that spans the Elbe River. The bridge was given the nickname Blue Wonder because of its color and unique construction, which

did not require placing supporting pillars in the middle of the river. Together, the bridge’s design and construction were an engineering feat when it was built 1893.

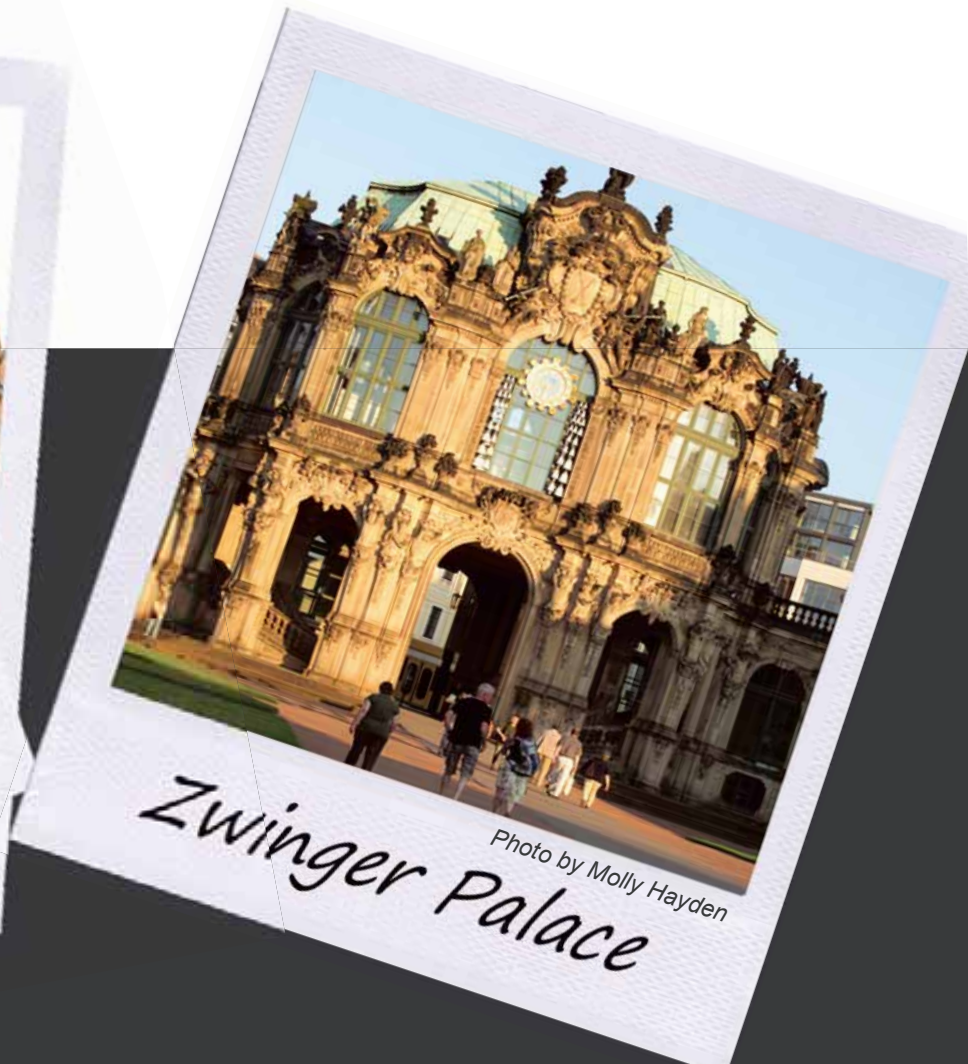
The Elbe Valley in the vicinity of the bridge was named a United Nations’ Cultural Organizations (UNESCO) World Heritage Site in 2004. However, the construction of a new bridge, the “Waldschloesschenbruecke,” to relieve traffic on the Blue Wonder, caused the area to be removed from the list two years later.

Three castles
Having three castles in such close proximity might seem like a fairytale for most places, but it is a reality near Dresden. Albrechtsberg, Eckberg and Lingner provide visitors a window into Dresden’s 19th century past. Schloss Albrechtsberg was built between 1850-54 for the Prince of Prussia, Albrecht, the youngest brother of the kings Friedrich Wilhelm IV and Wilhelm I, who became the German emperor in 1871. Today, the city hosts year-round entertainment in its spacious park.
The Tudor style Schloss Eckberg was built between 1859-61 by Chris-

tian Friedrich Arnold, and is one of the top hotels in the area. The neoclassical Lingnerschloss, previously known as “Villa Stockhausen,” was originally designated for the Baron von Stockhausen, when it was built between 1850-53. Lingnerschloss was recently restored in 2002.

In addition to the castles, the area grants a romantic overview of Dresden’s beautiful cityscape and nearby restaurants offer delicious food specialties with vast collections of wine.

New Town
Finally, no trip to Dresden is complete without a visit to the New Town, which sits appropriately on the other side of the Elbe River from the Old Town.
While the Old Town offers architecturally beautiful and historic buildings, the New Town is more about the people and living culture of this diverse city. With its hipster stores and graffiti-clad buildings, the New Town offers a refreshing change in scenery and cuisine.
Editor’s Note: Jeremy S. Budemeier contributed reporting.



Tips for a fun-filled, sun-safe summer

By Jennifer Davis
*U.S. Army Public Health
Command (Provisional)*

The summer season is upon us, and that means more swimming pools, more beach time, more outdoor activities and best of all, more sunlight!

While some exposure to sunlight can be enjoyable, too much can be dangerous.

Sunlight contains ultraviolet rays that can be harmful to our skin, cause redness and sunburn and even cause skin cancer. To ensure your summer is both fun-filled and sun-safe, consider adopting a few simple sun safety action steps endorsed by the U.S.

The Environmental Protection Agency's SunWise School Program, a health education program that teaches children and parents how to protect themselves from overexposure to the sun.

Safety action steps

- Do not burn. Sunburns significantly increase one's risk of developing skin cancer, especially for children.
- Avoid suntanning and tanning beds. UV light from tanning beds and the sun causes skin cancer and wrinkling.
- Generously apply sunscreen. Apply about one ounce to cover all exposed skin 20 minutes before going outside. Sunscreen should have a Sun Protection

Factor, abbreviated "SPF," of at least 15 and provide protection from both UV-A and UV-B rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.

- Wear protective clothing. Long-sleeved shirts, pants, wide-brimmed hats and sunglasses, will protect skin when out and about.
- Seek shade when possible and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.
- Use extra caution near water, snow and sand.
- Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Check the UV Index. The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA. Visit www.epa.gov/sunwise/uvindex.html to determine the UV index for a given day.
- Get vitamin D safely through a diet that includes vitamin fortified supplements and foods.
- Don't seek the sun. Remember all sunlight is not bad. Small amounts of the UV contained in sunlight are essential for the production of vitamin D in people; however, overexposure may result



in short- and long-term negative health effects.

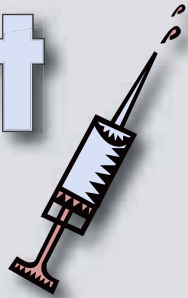
Adopting one or more of these action steps could help ensure that you and your family can enjoy the pool, the beach, and many other outdoor activities all season long. Happy summer!

For more information on protecting yourself from harmful UV rays, visit:

U.S. Environmental Protection Agency, www.epa.gov/sunwise/actionsteps.html

World Health Organization, www.who.int/uv/en.

a shot of advice



By Maj. Patrick Hartley
BMEDDAC

Want your health-related question answered? Send an e-mail to brmc-pao@amedd.army.mil or post your question on our Facebook page at www.facebook.com/bmeddac. Your question may appear in the next edition of the *Bavarian News*.

Q. When should I start getting my child vaccinations?

Thanks,
Needles in Netzaberg

A. Great question and a very important one! The Center for Disease Prevention and Control (CDC) has a great guide on their website (www.cdc.gov). This site will answer all of your questions about vaccinations.

Remember that each state sometimes has slightly different requirements for childhood vaccinations than the requirements of the school system here in Germany so you may need more vaccinations once you get here.

Please come to the clinic if the website does not help.

Q. I just got to Germany and wanted to know if the chance of sunburn is as bad here as in the states?

Thank you,
Baked in Bamberg

A. Well, welcome to Germany and we hope that you enjoy your assignment. Let's get started. You can still get a sunburn so use a really good sunscreen and remember the following:

- No sunscreen is truly waterproof. You must reapply, so read the label.
- Only use as sunscreen that protects from both UV-A and B
- Make sure that the SPF is 15 or higher. Below 15 does you no good.

Q. We love to grill out and wanted to know if there is anything to know about using local German meats?

Thanks,
Grillmaster in Garmisch

A. Great to hear from Garmisch. Grilling is a long time tradition for the summer time, so please follow all safety precautions. Now for the meat.

Locally purchased meats are generally very fresh and not treated with preservatives so they will spoil quickly. You need to keep meats on ice before grilling and cook pork and chicken till it is nice and white on the inside. Hamburgers really should not be pink and cooked no less than medium well. Most safety recommendations state that ground beef should be cooked well done to prevent any chance of E. coli.

If you need a shot of advice, e-mail your question to Maj. Patrick Hartley at brmc-pao@amedd.army.mil.



Hartley

Grilling safely keeps everyone happy

By Lt. Col. Twyla Leigh
*U.S. Army Public Health
Command (Provisional)*

The summer season is in full swing, and the American appetite for outdoor barbecue grilling never goes out of season. Whether you are grilling traditional burgers, hot dogs and steak, or going "healthy gourmet" with fish, shrimp skewers, chicken and vegetable kabobs or grilled vegetables, these foods need to be prepared safely.

Food-borne illness occurs when the conditions for bacteria growth are present, causing bacteria to multiply quickly, and someone gets sick. Although most food-borne illness happens at home and the summer heat increases the risk of bacterial growth in food, food-borne illness is preventable.

Preventive measures include marinating with acidic marinades that contain vinegar or citrus juice to decrease potentially harmful bacteria growth. And, be sure to return marinated food to the refrigerator until it is time to grill. As well, practice the following basics of food safety.

Freshness

Buy and use fresh food that is still in date or food that has been properly frozen and thawed. Frozen food that will be grilled should be thawed in the refrigerator, in the microwave or as part of the cooking process. Never thaw food on the counter or in the sink.

Hygiene

Wash hands with soap and dry with a clean paper towel often and before handling food, after touching raw food and after

touching anything else — face, skin, pets, children, phone, cigarettes, etc. Use clean utensils, clean cutting boards (always wash them between raw food and ready-to-eat food) and use a clean platter when taking the grilled food off the grill. Do not use the unwashed platter or container that the raw food touched. Single-service gloves and hand sanitizer are helpful, but are not substitutes for proper and frequent hand-washing.

Temperature

Keep cold foods cold and hot foods hot to decrease bacteria growth. Bacteria grow fastest in the danger zone between 40 and 140 degrees Fahrenheit. Cold foods should be kept at 40 degrees Fahrenheit in the refrigerator or on ice. Cooked food should be cooked and held at the proper temperatures.

Chicken and turkey need to reach 165 degrees, ground meats 160 degrees, steaks and chops 145 degrees, and hot dogs 140 degrees. Grilled vegetables and seafood should reach 140 degrees. Leftovers need to reach a temperature of 165 degrees. Food should be held at 140 degrees or higher until served. A pocket test thermometer (like a chef wears on a jacket pocket) is a great investment at about \$10 and the best bet for knowing if food has reached the proper temperature.

Time

Bacteria grow quickly in food that has been in the temperature danger zone for two to four hours. Take care to serve food as soon as it is cooked, hold food at the proper temperature and store leftovers in refrigeration or on ice.

Fire up that grill and have a food-safe barbecue soon!



Expert offers summer vacation planning tips for travelers

By Jennifer Piver-Renna
*U.S. Army Public Health
Command (Provisional)*

Nothing defines the summer season better than the ultimate vacation.

In 2009, U.S. residents logged 1.5 billion trips for leisure purposes and most often traveled to visit relatives, shop, visit friends, sightsee and visit beaches.

When the kids are out of school and the weather is warm, airports and highways are packed during the months of June, July and August with travelers eager to reach destinations more exciting, fun or relaxing.

Preparing for an upcoming vacation requires a good deal of planning. We put a lot of thought into where we'd like to go, how we'll get there, where we'll stay, and what we'll do.

In the midst of making those preparations, however, remember to plan for your safety as well.

While vacations are meant to relieve stress, they often include traveling to unfamiliar locations and situations which can place you at greater risk of injury, illness or crime.

To help make your next vacation worry-free, follow these simple travel tips:

Tell a trusted friend

Make sure someone knows where you are going, the route you plan to take, and when you plan to arrive and return.

Give them the phone number of the place where you are staying and your cell phone number so they can contact you in case of an emergency.

Route it out

Know before you leave the route

you plan to take. Make an itinerary and include contact information for the airline and rental car company.

“While vacations are meant to relieve stress, they often include traveling to unfamiliar locations and situations.”

If you're driving, identify safe places to stop for a meal or to stretch your legs about every two hours. This will help to reduce fatigue and the chance of an accidents.

Action plan for emergencies

Pack a basic first aid kit and copies of important paperwork, especially for international travel.

If you're traveling with children, make sure they know what to do if they become lost or separated from you.

Vigilance is key

Educate yourself on the area before you head out to explore. Always stay alert and aware of your surroundings.

Exercise caution when discussing your vacation plans. You may be making polite conversation when you talk to neighbors or co-workers or post on social networking sites about your vacation plans, but remember that you are also advertising that you won't be home for a specific length of time.

Lock it up

Keep your valuables safe by locking up your house and leaving the key with a friend, not under a doormat.

When you arrive at your hotel, ensure that the door to your room can be adequately secured.

Do not leave valuables in plain sight in your rental car.

Follow these simple tips to keep you and your family safe this summer and create positive memories of your vacation. Safe travels!

For more information on safe summer travel, visit the U.S. Travel Association, at www.ustravel.org/sites/default/files/page/2009/11/USTravelAnswerSheet.pdf

Editor's Note: Jennifer Piver-Renna, is a Ph.D., Health Promotion & Wellness Portfolio, for U.S. Army Public Health Command (Provisional).

Old hands test Army's new birds

12th CAB gets 12 new CH-47F Chinooks

Story and photos by
Sgt. Joel Salgado
U.S. Army Europe Public Affairs

ANSBACH, Germany — U.S. Army Europe's 12th Combat Aviation Brigade recently began replacing the fleet of CH-47D Chinook heavy lift helicopters its pilots have flown out of Katterbach Army Airfield here for years with the Army's newest model — the CH-47F.

"The F model is the fifth generation of the CH-47," said Chief Warrant Officer 2 Shawn Linnean, a maintenance test pilot with the 12th's B Company, 5th Battalion, 158th Aviation Regiment. "It's the newest version to come out."

The brigade received 12 of the new aircraft, said Capt. Michael Jessee, commander of B Company, 5th Battalion, 158th Aviation Regiment. One of those aircraft is an upgraded D model aircraft that was already in the unit's fleet, he added, while their remaining 11 D models will either be upgraded as well or turned in.

The D model aircraft have been in service since the mid-1980s, the captain said, noting that many of those were earlier A or C models that went into service in the mid-60s.

The newest Chinook line has many improvements over previous versions.

"The new F Model provides the pilots and crews with more tools to efficiently manage the mission and changes that occur en route," said Jessee.

One major attribute of the F model is its updated instruments that replace the analog instruments of the older Chinooks that the members of B Company call "steam gauges" with

a new digital cockpit.

"We've gone to a whole digital cockpit and done away with the old '60s technology," said Linnean. "It does a lot more for you. There is a lot less pilot workload."

And most important of all, the aviators raved about how much easier the aircraft is to fly than previous versions.

"It's the difference between driving a 1980s vehicle and a 2010," said B Company pilot Chief Warrant Officer 3 Michael Heekin. Heekin is an old hand with the new birds, having flown them in combat in Afghanistan.

Regardless of whether they've been at the controls of Chinook since the first D model climbed the sky, or are brand-new to driving the big twin-rotor workhorses, the aviators have to complete certification on the new systems before they can fly.

That certification consists of 70 hours of classroom instruction, 26 hours in one of the two new state-of-the-art Chinook flight simulators the brigade added to its inventory to complement the new aircraft and 14 hours of flight time.

"It's pretty rigorous training, said Heekin. "It's like drinking out of a fire hose — there's a lot of information to take in."

The B Company pilots seemed to agree that the new aircraft are an improvement that gives them and their unit a better, and more importantly, safer, way to do business.

"It allows us to have a greater situational awareness of everything on the battlefield, so that we can perform our duties in the Chinook a lot safer for everybody involved," said pilot Chief Warrant Officer 2 Jeremy Larkin. "It gives us a greater ability to accomplish the mission better and safer."

The capabilities of the F mod-



Soldiers with B Co., 5th Battalion, 158th Aviation Regiment, 12th Combat Aviation Brigade, tighten chains connecting a CH-47F Chinook heavy lift helicopter to a three-ton cement block during sling load training at Katterbach Army Airfield, June 29.



Pilots from 5-158th Avn. Regt. train inside a CH-47F Chinook simulator. The pilots and crews of 12th CAB recently began training on the newest CH-47F model Chinooks as the unit replaces its fleet of CH-47D Chinook heavy lift helicopters.

els allows pilots and crews to make more informed decisions regarding mission, environment and flight, Jessee explained, and its enhanced instrumentation allows the aircraft to operate in limited visibility conditions.

With their heavy lift capabilities, the Chinooks have been used for a variety of missions moving troops and cargo during the brigade's combat deployments and at home in Europe.

"We perform mixed multiship air assaults with the Black Hawks and Apaches, general support missions, mass casualty missions, emergency resupply and evacuation missions, and jump Forward Arming and Refueling Point missions," Jessee said.

In Europe, the Chinooks are routinely called upon to support VIPs, noncombatant evacuation operations, disaster relief missions and other contingency operations, he added.

Culture College to replace Headstart program

Garrisons to simplify cultural orientation program in Europe

By Troy Darr
IMCOM Europe Public Affairs

HEIDELBERG, Germany — Installation Management Command Europe will transition Headstart into Culture College in all U.S. Army in Europe garrisons beginning Aug. 1.

The command is "amending the curriculum of the cultural adaptation program as part of its ongoing effort to eliminate redundant programs and improve efficiencies in all aspects of Army installation operations," said Jane Helfrich, Army Community Service chief for IMCOM Europe.

Headstart has been a staple of in-processing in overseas theaters for the past 40 years. Traditionally, Soldiers would spend up to two weeks studying the language and learning about the customs and traditions of their new host country.

Newcomer orientation has been part of the Army Community Service Relocation Readiness Program and will continue to operate under the umbrella of Culture College. Relocation Readiness Program managers in each of the garrisons are developing garrison-specific programs that take advantage of the existing cultural adaptation



U.S. Army photo

A Relocation Readiness Program manager highlights interesting places in Belgium for newcomers to visit. Relocation Readiness Program managers in each of the garrisons are currently developing Culture College programs that take advantage of existing cultural adaptation programs for spouses and family members.

programs for spouses and family members, said Helfrich.

Helfrich said the program is very important for

Soldiers, civilian employees and family members, especially for those who have a very limited experience with a different language and culture.

The new program will focus more on cultural adaptation and less on language skills. Helfrich said the programs will offer elementary language skills that will be very limited in scope, but will include language skills necessary for shopping, eating in a restaurant and using public transportation.

Soldiers, civilians and family members interested in learning additional language skills can take advantage of programs such as Rosetta Stone on Army Knowledge Online or friendship clubs where members can practice their language skills.

Length of programs will vary from garrison to garrison based on size of classes, potential field trips and the complexity of the community, but a typical program is expected to last from one to four days, said Helfrich.

Even though IMCOM Europe has issued specific guidance on how to implement Culture College to the Europe-based U.S. garrisons, the garrisons will have the latitude to develop programs that will best fit their customers and the region where they live, said Helfrich.

For more about Culture College, contact your local ACS Relocation Readiness Program manager at Grafenwoehr's Main Post, 475-8371; Rose Barracks, 476-2650.



Workers at Schweinfurt's Ledward Barracks Dining Facility dish out breakfast to hungry Soldiers during the morning rush, June 29, the day the facility was under evaluation for judging in the annual Philip A. Connelly awards.

Ledward DFAC runner-up for IMCOM-E award

Story and photo by
Charles Stadlander
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany — The steam billowed up from the stainless steel trays and Soldiers hungry after morning exercise queued up for breakfast, just like every day at the dining facility on Ledward Barracks. But June 29 was an exceptionally important one for the hard-working staff there, as the judges from Europe's Installation Management Command were on hand for the annual Philip A. Connelly awards, which

are judged across the U.S. Army in Europe.

The "Connelys" are an annual evaluation of DFAC performance, and as opposed to a culinary roundup that showcases high-flying haute cuisine, these awards appraise a facility's ability to function smoothly.

"This is about the DFAC doing the right thing, every single day," said Chief Warrant Officer 2 Tamaricus Norman, the 7th Theater Tactical Signal Brigade's food operations specialist. The 7th Brigade — whose headquarters will soon be moving here — is the parent

unit of Schweinfurt's 44th Expeditionary Signal Battalion, which administers the dining facility on Ledward.

"We've come here to look at a few factors," said Robert Shamberger, IMCOM-Europe's food program manager and judge. The criteria include smoothness of daily operations, cleanliness, support and emphasis from the garrison command and administrative capabilities.

Smoothness seemed to be the operative word of the morning for the DFAC's staff, comprised of a mix of local German employees

Bikers rumble for 5th annual Ride the Alps Rally

By Brad Hays
Special to the Bavarian News

GARMISCH-PARTENKIRCHEN, Germany — Another classic German weather day — cloudy with a chance of torrential downpour. Not even the rain could dampen the sense of adventure for military motorcycle riders who braved less than ideal conditions on the fifth annual Ride the Alps poker run sponsored by Exchange New Car Sales. Over 375 riders from as far as Budapest, Spain and Lakenheath made the journey to Edelweiss Lodge and Resort here for the event.

Ask any of the riders who completed the challenging poker run in the pouring rain, "how it was it?" and you get the same response, "wet!" But like Mike Diubaldi from Heidelberg said, "It was the most scenic ride I have been on," and you can often look past getting wet. Fortunately, riders had the comfy confounds of the Edelweiss Lodge and Resort to dry off, get a coffee and shoot the breeze with the other riders about their adventure on the poker run.

A poker run consists of a predetermined route that riders must follow and collect playing cards along the route. After returning with five cards, the players play poker with the hand they collected. This year's poker run took riders over three mountain passes, around two Alpine lakes and by a king's castle on the 205-kilometer course of scenic Bavarian roads where the scenery changes almost as fast as the dialect.

The poker run is the main event for the riders, but other rider games like slow go, engine toss and events we can't mention complete an amazing weekend of camaraderie, shiny chrome, live music and unrivaled scenery on the open road.

For many, this is not their first Ride the Alps event. Karen from Ansbach has been to three Ride the Alps rallies.

"I keep coming back because it is great seeing the same people every year and with hope it won't rain the next year, we don't want to miss that year!" she said.

Her husband continues to wear his kilt and T-shirt every year on the poker run through rain and sleet, and is the hands down winner of the best dressed award given at the end of the night.

The 375 riders at this year's event made for a parking lot full of all types of sport bikes, trikes, Harleys and custom rides. On the final day, riders assembled for a police escorted tour through the sleepy downtown of Partenkirchen to wake the locals with rumbles only a Harley can make. Ride the Alps will be held in June next year, with the promise of sunshine and good times to be had by military motorcycle riders throughout Europe.

and Soldiers from the 44th ESB. Staff Sgt. Isilee Dozier was the morning shift leader and amid her frantic direction of dozens of servers, cooks and dishwashers, she found little time to comment on the evaluation day. For Dozier, the true commentary seemed to lie in whether or not they would win this year's award.

Sgt. 1st Class Brenda Lewis is the Ledward DFAC manager, and ensures that everything runs well, both on the competition day and every other day.

Human Animal Bond brings pets to patients

Story and photos by
Melissa Bower
Army News Service

FORT LEAVENWORTH, Kansas — When Joanie Linn and Abby, a golden retriever, step out of the elevator, staff and patients at Munson Army Health Center are waiting to meet them.

Gulden Taylor, medical support assistant, said she couldn't wait for Abby's visit.

"It feels so good to pet her. It takes the bad energy out," she said. "The last time she was here there was a line of people waiting to see her."

As members of the Human Animal Bond, or HAB, organization, Joanie and Abby visit places throughout the community — schools, libraries, nursing homes and hospitals. The HAB dogs, and one cat, pass temperament tests and veterinary exams to make sure they are safe to interact with medical patients, children and other members of the community.

Abby didn't seem to mind when a child with special needs pulled on her tail or buried her face in Abby's fur at Camp SOAR earlier this summer.

She sits calmly when groups of people rush to greet her. At MAHC, she seems to instinctively pick out the most nervous children waiting for a medical appointment, the Soldier waiting with a cane for a physical therapy appointment, or the most stressed staff members.

Susan Polk, resiliency trainer at MAHC, said that's part of the idea behind having HAB dogs visit.

Helping reduce stress for staff is just as important as helping to reduce stress for patients, she said. Sometimes, medical staff and caretakers can experience secondary post-traumatic stress disorder from assisting patients.

"You get overwhelmed sometimes with the pain the other person is experiencing," she said.

To help combat stress, Polk enlisted the help of HAB dogs to visit the health center twice each month.

"(Staff) know when they're coming," she said. "They look for the dogs. We have a lot of people who enjoy their calming influence."

Kendell Casey, HAB director, said the nonprofit organization has been in existence on Fort Leavenworth for about 15 years.

The volunteers are all personal pet owners, so all the HAB animals are also pets. Volunteers are a mix of retirees, active duty service members,



Human Animal Bond team Ruie Gibson and her golden retriever-border collie mix Millie walk down a hallway at Munson Army Health Center to begin an afternoon of visiting with patients and staff at Fort Leavenworth, Kansas.

family members, Department of the Army civilians and other community members.

Casey said there are five similar HAB organizations on other U.S. military installations.

"We're focused on promoting enrichment of human life through a caring relationship with animals," she said.

Casey and her Newfoundland, Annabelle, regularly visit the Dwight D. Eisenhower Veterans Affairs Medical Center, the psychiatric patients at Cushing Memorial Hospital and The Guidance Center, a community behavioral health outpatient clinic, all in Leavenworth. Casey, who is working on a master's degree in social work, said volunteers sign confidentiality agreements beforehand.

The HAB animals also visit special needs classrooms in Fort Leavenworth schools, the Combined Arms Research Library's reading program and Lansing Community Library's reading program.

Casey noted that as a nonprofit organization, HAB is supported by donations and grants, including funds from the Fort Leavenworth Thrift Shop and the Fort Leavenworth Spouses' Club.

Casey said there are many benefits of animal visits, supported by research. Petting a dog can decrease the human's heart rate, release endorphins and reduce stress, she said. In



Human Animal Bond therapy dog Abby gets attention from Spc. Jeremy Warren, Medical Department Activity, as HAB teams make their way through the facility to visit with patients and staff at Fort Leavenworth, Kansas, recently.

the medical field, studies have shown that patients who are visited by therapy animals have shorter stays in hospitals, Casey said.

"They're always glad to see you," she said. "It's always a positive interaction with a therapy dog." Kelly Rebeschini recently started volunteering in HAB with her Shih Tzu, Magee.

"He made a lady smile at a nursing home who never smiles," she said.

Casey said HAB is always looking for volunteers and for new groups

of people to visit. HAB recruits at Post Activities and Registration Day, Retiree Appreciation Day and other events on post.

To find out more about HAB, visit the organization's website at www.ftleavenworthhab.org. HAB meets at 6 p.m. the last Wednesday of every month in the basement of Country Club Bank, 401 Delaware St. in Leavenworth.

Editor's Note: Melissa Bower writes for the Fort Leavenworth Lamp.

Ledward DFAC serves up success

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"We're open 365 days a year," said Lewis. "Perfection is something we try to maintain on a daily basis, not just for the competition. I want to motivate my Soldiers and keep them happy, as well as offering our customers quality and variety."

The competition for Europe was stiff. DFACs nominate themselves, which is a bold declaration that the workers need to back up with action. Also in the running for Connelly glory this year were Kaiserslautern's Kleber and Miesau kasernes and Stuttgart's Panzer Kaserne.

When judging was complete, the Ledward DFAC was awarded runner-up in the European military dining facility category. The first place winner was Stuttgart's 1/10 Special Forces Dining Facility. Though the community here couldn't best the elite SF cooks, diners here can take comfort in the fact that they're eating at one of Europe's top-rated chow halls.

According to Lewis, the runner-up title is a major step forward for the DFAC.

"We've come a long way since I got here last year," she said. "There's definitely been a change."



Soldier overcomes injury to help others

Story and photo by
Andrea Sutherland
Army News Service

FORT CARSON, Colo. — When the rocket-propelled grenade came through the windshield of Sgt. 1st Class Marc Dervaes' Humvee, it knocked him unconscious.

After a few moments, he awoke to see another RPG come through his door and go out the roof, knocking him unconscious again.

He woke for a second time to chaos.

"That's when I realized my arm was gone," said Dervaes. "My entire door and windshield was covered in bits and pieces and chunks of this and that. I looked out my driver's window and saw this guy on the side of the road just spraying us down with a machine gun."

Dervaes, then serving with C Company, 3rd Squadron, 61st Cavalry Regiment, 4th Brigade Combat Team, 4th Infantry Division, had been traveling with his convoy in Kunar Province in Afghanistan when insurgents ambushed his vehicle.

"We were coming through an area where we had never received contact from and I

was shot by an RPG from the left side of the road," Dervaes said. "We were the trail truck so we were a bit further back than the rest of the patrol."

Dervaes tried to communicate with the rest of his platoon but his helmet and headset had been knocked off by the second rocket.

"I put my arm, what was left of it, over the back of my seat and told my medic to put a tourniquet on it," he said. "I grabbed my headset and I tried to notify the rest of the patrol what had happened."

As his driver continued to maneuver the truck through the commotion, Dervaes relayed instructions for medevac procedures.

"We were in an area that was inaccessible via helicopter so I had to get loaded up into another truck and we had to go back about 30 minutes or so to an area that was not as dangerous," he said.

Dervaes' truck was driven back through the ambush site to meet medevac helicopters.

"We got shot up again a little bit but no rockets, just small-arms fire at that time. We didn't stay to engage because they had to get me out of there pretty quick," he said.

When Dervaes arrived at

his forward operating base, he apologized to his sergeant major.

"I told him, 'They didn't kill me, but I'm not going to be able to help you guys out anymore,'" Dervaes said.

After evacuating to Landstuhl Regional Medical Center in Germany, Dervaes eventually landed in San Antonio, where he spent the next nine months at Brooke Army Medical Center, or BAMC, at Fort Sam Houston in San Antonio, enduring five surgeries, battling infection and learning to adapt.

On the homefront

When she first got the phone call that her husband had been injured, Michi Dervaes said she screamed.

"I was worried," she said. "Is he going to be able to do anything he likes to do anymore? He loves the kayaking and mountain biking."

Michi Dervaes flew from Colorado to be by her husband's side.

At BAMC, Marc Dervaes faced multiple surgeries, including two amputations on his right arm.

"They originally amputated below the elbow, but there

wasn't much to save so they had to amputate above the elbow," he said.

In recovery, Marc Dervaes struggled.

"The initial recovery was the hardest," he said. "I had three surgeries in the first couple weeks. Just being in that fog of narcotics was difficult. It was so cold."

Marc Dervaes said he relied on his wife to help him with everyday activities.

"I didn't want to leave his side," Michi Dervaes said.

When Michi Dervaes had to return to Colorado, Marc Dervaes was forced to learn simple tasks.

"You really had to put 100 percent into learning to trust (the doctor)," Marc Dervaes said. "I found that out by being stubborn — missing appointments, feeling sorry for myself."

"It took me about four months in San Antonio before I started to realize that the world is bigger than I am and I can't let something like this get in the way of progress and me getting on with my life and doing things that I need to do and want to do," he said.

Dervaes began working

See **WOUNDED**, page 17



Marc Dervaes paddles along the Guadalupe River in Texas after losing his right arm during deployment. Dervaes spent nine months at Brooke Army Medical Center in San Antonio, Texas, after insurgents attacked his convoy in Kunar Province, Afghanistan, in 2009.

Course gives drivers feel for Afghan roads

Story and photo by
Sgt. Angela Parady
121st Public Affairs Detachment

GRAFENWOEHR, Germany — The Soldier checks the indicator lights on the vehicle before turning the ignition key.

The engine rumbles to life and he switches into drive. He moves forward as sleet pelts the windshield. He needs to find the wipers to see in the muddy terrain, and fumbles in the dark.

The Soldier veers slightly off the road. The vehicle tilts. The overcorrection rolls the vehicle.

Light floods the room and the instructor resets the course. It's time to try again. Grafenwoehr's Combat Drivers Training program is the only program in Europe to train drivers for driving conditions and vehicle familiarization in Afghanistan.

The program is meant to help increase safety and decrease deadly accidents caused by unfamiliarity with the vehicle and terrain.

"It will decrease the number of accidents," said Staff Sgt. Corey A. Burse, who works at the 7th Army Combined Arms Training Center, or CATC, in Vilseck, Germany. "You get in a vehicle you don't know, drive down narrow roads and roll the vehicle over. That's the number one cause of Soldiers' deaths."

Burse said that it is better to use the mine-resistant, ambush-protected, or MRAP, vehicle simulator to



Mine-resistant, ambush protected, or MRAP, vehicles leave the Grafenwoehr Training Area, recently. The Joint Multinational Training Command offers the only Combat Drivers Training Program in Europe that combines hands-on training with simulation exercises on the MRAP.

acclimate to the rough terrain down-range than to put Soldiers on the roads there with no idea of what to expect. This way, Soldiers see how the vehicle handles and how the indicators work and feel, without putting their lives in danger or damaging equipment.

The MRAP simulator and driving practice helps Soldiers identify problems and how to adapt to different environments and situations.

Many multinational Soldiers will

not have the opportunity to see an MRAP vehicle before heading down-range unless they attend the course the JMTC is offering.

"JMTC provides world-class training for Europe," said Burse. "It is the premier training center in Europe for troops deploying."

Pvt. Rolands Lakucs, a translator for the Latvian army, is preparing to deploy to Afghanistan as the United States starts to reduce the number of troops that are stationed there.

Lakucs said the simulation driving was useful.

"You need to know what the truck can and can't do," he said.

Second Lt. Argo Sibul, a platoon leader in the Estonian army who is deploying this fall, said that having this experience with the MRAP prior to deploying is beneficial.

"If the first time a Soldier sees this vehicle is in Afghanistan, that is where we will face problems," said Sibul.

All of the drivers in his deploying unit are attending this training.

"I hope it will be saving lives. That's why we want to use that MRAP," said Sibul. "That is what it was designed for. It is a great resource and it was designed for the Afghan experience."

The Soldiers pause for a few moments, some snap a photograph as they head into the MRAP for the hands-on portion of the course. For the next few hours, they will be taking turns driving to build familiarity with the vehicle.

The hands-on portion will be different from the simulator, but JMTC has learned that the method they are using for the class does work and it is decreasing accidental MRAP deaths.

At Grafenwoehr, any unit can sign up for one of the MRAP classes. European units preparing to deploy take advantage of this resource. With the experience they receive here, JMTC is hoping to reduce the accidental and needless deaths of Soldiers.

Students are top priority in S'furt

Continued from page 1

highly deployed community," Spain said. "Understanding that we have only two months to finish preparations for opening day, our community's leadership, families, students and partner units and organizations remain dedicated to working closely with our DoDDS Europe colleagues to ensure success. The community looks forward to opening a high school founded on academic and character excellence that actively prepares our students to be America's leaders of tomorrow."

With less than two months to make the school a reality, DODEA headquarters has made this one of their top priorities.

The DODEA acting director Marilee Fitzgerald is excited about establishing a school in Schweinfurt and says it is a great story for the community and the children.

"To the extent possible, when DoDEA schools are located in communities close to where families live, it creates opportunities for them to become more involved in school, for students to participate more in school, and the building of a stronger connection with the school," she said.

"I see this as an important milestone in improving educational opportunities for military children and for the children of our military families in Schweinfurt," she added. "I look forward to an exciting opening day this fall."

One of the biggest challenges will be the personnel actions needed to staff the school. DoDDS Europe has set a priority for teachers in the Bamberg and Schweinfurt communities who would like the opportunity work at the new school.

The logistics of setting up the school is being made easier with the availability of equipment, furniture and supplies from Mannheim High School, which closed at the end of the school year.

"The separation of Bamberg and Schweinfurt communities created challenges for the Schweinfurt students and families, many of whom are affected by deployments," said Bresell. "This decision removes all barriers to a high quality high school experience for the much deserving students."

Wounded warrior embraces challenges, perseveres

Continued from page 16

with a prosthetics doctor to design arms to allow him to return to his favorite activities.

"When I started recreational therapy, that's when I started coming around," Marc Dervaes said. "Before, I found excuses. There's no legitimacy in excuses — because you just don't want to do it."

For the last five months of his recovery at BAMC, Marc Dervaes learned adaptive scuba diving, skydiving, kayaking and archery.

"Some stuff takes a little longer than before but he gets it done," Michi Dervaes said.

Looking to the future

After nine months at BAMC, the Army reassigned Marc Dervaes to the Warrior Transition Battalion at Fort Carson.

"Now that my military career is coming to an end, it's time for me to give back to the agencies

that did so much for me," he said. "Working in this WTB, I know just from talking with the cadre there that Soldiers need to get out more, especially the single ones in the barracks. As a wounded warrior, I can relate to them better."

Marc Dervaes said he hopes he and his wife can help other Soldiers and their spouses dealing with injuries.

"There are agencies out here that have a lot going for them that can help these kids heal," he said. "I know how hard it was, and there are people who are worse off than me and I'm sympathetic to that, but too many of these guys are sitting around feeling sorry for themselves."

"From what I've seen, a lot of them don't want to heal," he said. "And they have to break out of that shell and the social workers and the therapists on Fort Carson have the tools to help them, but the service member has to be willing, has to want to do it."

Marc Dervaes said he believed his wife's support and encouragement helped him and that

spouses play an important role in a Soldier's recovery.

"I think getting spouses involved would help the quality of life of those struggling with injured service members," he said. "There were times that I've fallen in a hole and (Michi) pulled me out of it."

Michi Dervaes, who kayaks alongside her husband, said it's important for spouses to watch their loved ones and to motivate them to get active, even if they resist.

"It's not the end of the world," Michi Dervaes said. "There is always a light at the end of the tunnel and it opens up for different opportunities. Be tough."

"Don't expect things to happen immediately — to recover overnight," Marc Dervaes said. "You have to be really patient. You have to have a positive mental attitude. If not, you're not going to improve and heal."

Editor's Note: Andrea Sutherland writes for the Fort Carson Public Affairs Office.

Rudacille takes the reins at JMTC

Continued from page 1

our new friends and neighbors in the surrounding German communities."

Rudacille is a native of Fairfax, Va. He has previously served with the 1st Armored Division and the 7th Infantry Division.

His awards and decorations include the Legion of Merit award with the Oak Leaf Cluster, the Bronze Star with two Oak Leaf Clusters, the Joint Commendation Medal, the Afghanistan Campaign Medal, and the Iraq Campaign Medal.

Rudacille also wears the Ranger Tab and the Master Parachutist Badge.

Following the traditional passing of the colors, Lt. Gen. Mark P. Hertling, commanding general of the U.S. Army in Europe and presiding officer, said Rudacille was selected for the position because of his distinguished record in combat and firsthand training experience.

"Lee Rudacille is a one-of-a-kind commander. I've heard of his

exploits in combat, and have seen him commanding in the toughest environment imaginable. I know this Soldier and his capabilities," said Hertling. "Welcome to the best place you'll ever live."

JMTC is the U.S. Army's premier training facility in Europe, and because of its proximity to other European nations and Africa, the Grafenwoehr and Hohenfels training areas provide training for U.S. and multinational units deploying to Afghanistan.

"This is the place where we train better than any other place in the world," said Hertling. "This is the 'crown jewel' of the U.S. Army in Europe."

Hertling credited Salazar with making many improvements to JMTC's training and capabilities.

"Steve Salazar is one of the best trainers we have in the Army and he has significantly raised the level of training, and the bar of standards and discipline, during a time of war and increased requirements for alliance partnering," said Hertling.

Salazar departs for Suffolk, Va.

He is assigned as the assistant deputy director for Joint Training at the Joint Warfighting Center. Salazar served 24 months at Grafenwoehr.

"The formation you see in front of you represents teamwork. This team did a great job representing 100 years of training excellence at Graf, past and present, and shaped a vision for the future as we marked the transformation from the Grafenwoehr Training Area to the Grafenwoehr Military Community — still a great place to train, but also now a great place to live, to serve and to grow," said Salazar.

During his tenure at Grafenwoehr, the community was recognized by the Department of Army and the German government for its environmental stewardship programs. Likewise, transformation efforts improved medical support and behavioral health services.

"It's no accident that we've not had a suicide in this community in nearly two years," said Salazar. "Teamwork is the strength of this community. It has been great soldiering with you."



Photo by Amy Zink

Cause for applause

GRAFENWOEHR, Germany — Spc. Nery Ruiz, of the 574th Quarter Master Supply Company, 18th Combat Sustainment Support Battalion, was named U.S. Army Garrison Grafenwoehr Environmental Control Officer of the year, here, July 11. Ruiz has been the 574th QMSC ECO since 2009 and received only gold ratings on environmental inspections during his tenure. Part of Ruiz's job as the ECO is to be responsible for the handling and storage of hazardous materials and to act in compliance with U.S. and German environmental laws. "Spc. Ruiz always makes sure that everything is cleaned up, excess is turned in and he meets or exceeds standards," said Sgt. 1st Class Lucas Smith, 574th QMSC motor sergeant. Because of Ruiz's high quality environmental program, he was selected to brief the German army during its visit to U.S. Army Garrison Grafenwoehr, May 31.



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